



ENDORSEMENTS

EAT TO LIVE: *The Amazing Nutrient-Rich Program*

“Finally, a diet book that looks at the science of eating right in an accurate fashion. Most diet books have little basis in proven physiology. Dr. Fuhrman’s book, *Eat to Live*, deals with why we gain weight, how to lose weight, and how to stay thin and healthy for life, and he backs it up with real scientific data. All controversy ends after you read this book. It will be the final word in diet books and the one I recommend to my patients.”

Thomas Davenport, MD

Massachusetts General Hospital Fellowship/Harvard University;
Microsurgery, Memorial Sloan Kettering,
Long Island Plastic Surgery Group

“Dr. Fuhrman’s new book, *Eat to Live*, gives us the nutritional roadmap to optimal health. His information is painstakingly researched and supported with over 500 references to articles from scientific journals, yet he presents the results with an easy to follow style that everyone can understand. He honestly states the facts and educates us to make the food choices that will overcome disease and regain health. The diversity of delicious recipes and unlimited portion sizes offer practical examples of how we can implement this plan in the real world to get reliable and long-lasting results. This book marks the beginning of a genuine, scientifically based health revolution.”

Mark Epstein

President, National Health Association

“This is the book about achieving optimal health and weight that the scientific community has been waiting for; the “Gold Standard” via which all other diets can be judged. Dr. Fuhrman takes the latest scientific research from thousands of research studies and puts together the most effective and healthiest approach possible. Everything else is just second-rate. All health professionals must read this book. I apply Dr. Fuhrman’s advice to my own life, not only because it makes scientific sense, it works!”

Jeffrey Gilbert, MD

Montefiore Medical Center, Brooklyn, NY;
Assistant Clinical Professor of Medicine, Albert Einstein College of Medicine

“If you want or need to lose weight, this book will be of enormous practical value to you, showing you exactly what to do to become trim and healthy for the rest of your life. There are a lot of weight loss books out there that aren’t worth the paper they’re printed on. This is the rare and priceless exception. It’s a jewel. Get it. You’ll be very glad you did.”

John Robbins

Author, *The Food Revolution and Diet for a New America*

“Simply a great piece of work. Dr. Fuhrman has painstakingly taken the time to wade through the ever burgeoning mountain of evidence which proves that the American diet and many physician supported fad diets are not only unhealthy, but they are contributing, if not the direct cause, of our enormous public cardiovascular and cancer problem. His references are excellent and exhaustive. As individuals and as a nation, we cannot ignore this book. Dr. Fuhrman, I commend you.”

Robert J. Warren, MD

Fellow American College of Surgery, Meridian Hospital, NJ